FREE US FROM OUR SINS ★ A PENANCE SERVICE FOR LENT 2020 (Year A)

Rite of Reconciliation of Several Penitents with Individual Confession and Absolution

INTRODUCTORY RITES

- Opening Hymn
- Greeting
- Introduction
- Opening Prayer

CELEBRATION OF THE WORD OF GOD

- First Reading
- Responsorial Psalm
- Second Reading
- Gospel Verse
- Gospel
- Homily
- Examination of Conscience

RITE OF RECONCILATION

- General Confession of Sin
- Litany of Repentance
- Lord's Prayer
- Concluding Prayer
- Individual Confessions of Sin and Absolution
- [Proclamation of Praise for God's Mercy]
- [Concluding Prayer of Thanksgiving]

CONCLUDING RITE

- Blessing
- Dismissal
- Closing Hymn

PREPARATIONS FOR THE RITE

- Hospitality Ministers should be recruited to welcome the assembly as they arrive and to distribute worship aids (if one is printed).
- At least two readers should be appointed to proclaim the reading(s), to read the Examination of Conscience, and to lead the Litany of Repentance. They should be seated in the assembly before the liturgy begins.
- A musician and cantor(s) should lead the assembly in song a list of music suggestions is included on Page 20 of this booklet. Instrumental music may be played softly during the time for individual confessions.
- A Lectionary or a three-ring binder should be readied at the ambo with the appropriate readings.
- The environmental lighting may be subdued. Candle(s) should be lit at the ambo.
- The stations for the confessors should be prepared and be easily identified. Priests might stand or sit in isolated areas around the main body of the church to receive penitents. In this way, the communal nature of the rite is maintained. Candles may light these stations.
- For the sake of simplicity, the presider alone or the presider and preacher (if this person is different than the presider) could participate in the procession. Other priests could be seated in the sanctuary or in a reserved area before the liturgy begins.



Acknowledgements

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INTRODUCTORY RITES

OPENING HYMN

See suggestions on Page 20

GREETING

Presider:	Grace, mercy, and peace be with you
	from God the Father and Christ Jesus our Savior.

All: And with your spirit.

GREETING

In these or similar words.

Presider:	In this Lenten season, Christ calls us to a deeper appreciation of our baptism and to a deeper realization of our responsibility, as followers of Christ, to live in accord with the Gospel. Too often, we have failed to do this.
	In our sinfulness, we have pursued greed instead of holiness, satisfied individual needs instead of the common good, focused on the famous instead of the outcast, practiced indifference instead of empathy, and listened to countless voices instead of the words of Jesus.
	Tonight [Today], Jesus has called each of us to this sacrament, in order to be reminded of how good it is to serve those in need, how right it is to follow the law of the Lord, and how holy it can be to die to self so that others may live.
	Once again, and still, he offers us his saving mercy. In this time and in this place, and through his Church, let us encounter the living God.

OPENING PRAYER

Presider:Brothers and sisters,
God calls us to conversion.
Let us therefore ask him
for the grace of sincere repentance.

Pause in silence

Father of mercies and God of all consolation, you do not wish the sinner to die but to be converted and to live. Come to the aid of your people, that they may turn from their sins and live for you alone. May we be attentive to your word, confess our sins, receive your forgiveness, and always be grateful for your loving kindness. Help us to grow into the fullness of Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, forever and ever.

All: Amen.



LENT

CELEBRATION OF THE WORD OF GOD

The following are suggested readings. Alternative readings may also be selected (cf. Page 18 of this booklet for suggestions). The preacher may wish to use one, two, or three readings. If only one is chosen, it is preferable that it be the gospel.

The readings are printed elsewhere in this booklet (cf. Pages 14-17) for ease of rehearsal. A Lectionary or a three-ring binder with the readings printed should be used during the liturgy.

FIRST READINGIsaiah 58:6-11 (LFM nos. 630, 676 & 737)
Share your bread with the hungry.RESPONSORIAL PSALMPsalm 32:1-2, 5, 6, 7
Blessed are those whose sins are forgiven.SECOND READING1 Timothy 6:6-11, 17-19
Tell the rich not to rely on such an uncertain
thing as wealth, but on God . . .GOSPEL ACCLAMATIONLuke 21:36
Be vigilant at all times and pray, that you

Be vigilant at all times and pray, that you might have strength to stand before the Son of Man.

Luke 16:19-31 (LFM nos. 138, 886 & 926) *There was a poor man named Lazarus.*

HOMILY

GOSPEL



EXAMINATION OF CONSCIENCE: OPTION A

After the homily, the assembly is invited to make an examination of conscience. The following option could be used.

Presider: Sisters and Brothers, our Father knows all our failings, but asks us to call them to mind so that we may seek out his forgiveness.

Minister#1:

Do I pray daily? (pause)

Do I receive the sacraments regularly? (pause)

Do I keep Sundays and holy days sacred? (pause)

Do I fulfill my commitments as a member of my faith community? (pause)

What is my attitude toward the sacrament of reconciliation? (pause)

Have I tried to grow in the life of the Spirit through prayer and the reading of the word of God? (pause)

Do I trust God's goodness and providence, even in times of crisis and doubt? (pause)

Minister #2:

Do I respect my own body as a gift from God? (pause)

Do I control my vices, including abuses of food and drink? (pause)

Have I made good use of the gifts God has given me? (pause)

Do I work too hard and too long? Do I neglect my family and health? (pause)

Have I been lazy and given too much time to leisure or entertainment? (pause)

Minster #1:

In my household, have I contributed to the well-being and happiness of the rest of my family? Am I patient? Am I loving? (pause)

Do I treat my parents with respect? (pause)

Am I ever angry with those I love? (pause)

Have I been faithful in my relationships? (pause)

Minister #2:

Have I imposed my will on others without respecting their freedom and rights? (pause)

Am I intolerant of others' ideas or inattentive to others' needs? (pause)

Have I perpetuated racism, prejudices and stereotypes? (pause)

Do I hurt others by gossiping about them or making up stories? (pause)

Do I treat people with disabilities with respect? (pause)

Minister #1:

Do I share my resources with those who are less fortunate? Do I regularly give to my church and to charities? (pause)

Have I ignored the poor in our midst? (pause)

Have I indulged in reading, conversation or entertainment that are contrary to Christian decency and respect for human life? (pause)

Do I use the earth's resources wisely? (pause)

Do I purchase a lot of material goods that I don't really need? (pause)

Minister #2:

Am I ever afraid to act in a Christian manner? Am I afraid of what others might think? (pause)

Have I accepted suffering as a share in the suffering of Christ? (pause)

Is the hope of eternal life my inspiration for all that I do? (pause)

Do I sincerely want to be set free from sin, turn again to God, and resolve to begin again? (pause)

THE RITE OF RECONCILIATION with the General Confession of Sins follows.

EXAMINATION OF CONSCIENCE: OPTION B

After the homily, the assembly is invited to make an examination of conscience. The following option could be used. Two readers might alternate. Allow a brief period of silence between each question.

Presider: The following examination of conscience is based upon the Confiteor. Please reflect quietly as each part is read.

I CONFESS TO ALMIGHTY GOD

- Do I sincerely want to be set free from sin and turn again to God?
- Do I seek a deeper relationship with God in this sacrament of reconciliation?

AND TO YOU, MY BROTHERS AND SISTERS

- Do I have a genuine love for my family and friends, neighbors and co-workers, or fellow students?
- Have I contributed to the well-being and happiness of others at home?
- Am I aware of my global relationship to those suffering and dying in other parts of the world?
- Am I committed to seek peace and promote justice for every person?

THAT I HAVE GREATLY SINNED

- Do I blame others for my wrongdoing or for the misfortune that befalls me?
- Do I accept responsibility for the commitments I have made to others my spouse? My parents? My children? My parish?
- Do I accept that society's evils are within my power to change?

IN MY THOUGHTS AND IN MY WORDS

- Have I harbored ill thoughts against another person?
- Have my addictions affected my judgment or behavior?
- Have my fears or prejudices prevented me from speaking out on behalf of the poor, the unborn, or people of other races?
- Have my words caused others hurt? Has my silence caused others harm?

IN WHAT I HAVE DONE

- Do I seek to be the center of attention? Have I imposed my will on others without respecting their needs or freedoms?
- Am I focused on my needs to the detriment of the needs of others?
- Am I obsessed with having the perfect body, making more money, or having the latest technology?
- Do I need to be in control of all people and all situations?
- Do I work more than is healthy for my mind or body?

AND IN WHAT I HAVE FAILED TO DO

- Have I neglected my responsibilities to my family?
- Have I neglected my health?
- Have I neglected my prayer life and faith?
- Do I use the earth's resources wisely?

THROUGH MY FAULT, THROUGH MY FAULT, THROUGH MY MOST GREVIOUS FAULT

- Do I recognize my own sins?
- Does my ego or my self-righteousness prevent me from seeing my own errors?
- Do I blame broken relationships on others?

THEREFORE I ASK BLESSED MARY, EVER-VIRGIN, AND ALL THE ANGELS AND SAINTS

- Do I appreciate the great gift of the Eucharist?
- Do I worship with my Community each and every Sunday?
- Do I reflect often on what God is calling me to do?

AND YOU MY BROTHERS AND SISTERS

- Am I so independent that I refuse to ask for help or let others assist me?
- Do I support and defend other members of my family?
- Do I give others the opportunity to share their gifts and talents?
- Do I treat those who wait on me, or who work with me, with the dignity they deserve as fellow human beings?

TO PRAY FOR ME TO THE LORD OUR GOD.

- Do I promise prayers for people and situations and not follow through?
- Do I remember to pray for others in my parish, especially for those who are preparing to receive the sacraments?
- Do I pray for the living and the dead?

THE RITE OF RECONCILIATION with the General Confession of Sins follows.



LENT

RITE OF RECONCILIATION

GENERAL CONFESSION OF SINS

Presider:	Brothers and sisters, let us call to mind the goodness of God the Father, and acknowledge our sins, so that we may receive his merciful forgiveness.
All:	I confess to almighty God
	and to you, my brothers and sisters,
	that I have greatly sinned,
	in my thoughts and in my words,
	in what I have done and in what I have failed to do,
	through my fault, through my fault
	through my most grievous fault;
	therefore I ask blessed Mary, ever-Virgin,
	all the Angels and Saints,
	and you, my brothers and sisters,
	to pray for me to the Lord our God.

LITANY OF REPENTANCE

Presider:	The Lord is merciful. He makes us clean of heart and leads us into his freedom when we acknowledge our guilt. Let us ask him to forgive us and bind up the wounds inflicted by our sins.
Minister:	The response to the litany is "Lord, have mercy."
Minister:	You were sent with good news for the poor
All:	and healing for the contrite of heart. Lord, have mercy.
Minister: <i>All:</i>	You came to call sinners, not the just. Lord, have mercy.
Minister:	You forgave the many sins of the woman who showed you
All:	great love. Lord, have mercy.
Minister: <i>All:</i>	You did not shun the company of outcasts and sinners. Lord, have mercy. Continue →

Minister: <i>All:</i>	You carried back to the fold the sheep that had strayed. Lord, have mercy.
Minister:	You promised Paradise to the repentant thief.
All:	Lord, have mercy.
Minister:	You did not condemn the woman taken in adultery, but sent her away in peace.
All:	Lord, have mercy.
Minister: <i>All:</i>	You are always interceding for us at the right hand of the Father. Lord, have mercy.

LORD'S PRAYER

Presider:	Now, in obedience to Christ himself,	
	let us join in prayer to the Father,	
	asking him to forgive us as we forgive others.	
All:	Our Father,	

CONCLUDING PRAYER

Presider:	Lord, draw near to your servants
	who in the presence of your Church
	confess that they are sinners.
	Through the ministry of the Church,
	free them from all sin
so that renewed in spirit,	so that renewed in spirit,
	they may give you thankful praise.
	Through Christ our Lord.

All: Amen.

INIVIDUAL CONFESSIONS AND ABSOLUTION

The presider or other minister might inform the assembly where the confessors will be located. Some brief words regarding the manner of confession should be given. The people may be encouraged to accept one of the penances which are found on Page 19 of this booklet or the confessors may give a penance suited to the individual.

The assembly may be advised to remain in church if there is to be a common ending.

Quiet instrumental music might be played during this time.

[PROCLAMTION OF PRAISE FOR GOD'S MERCY]

If assembly has been invited to remain in church for a common ending to the celebration, it is fitting for all to sing a psalm, a hymn or litany in acknowledgment of God's power and mercy, for example, the Canticle of Mary (Luke 1:46-55) or Psalm 136: 1-9, 13-14, 16, 25-26. Other suggested scripture texts include:

Psalm 28: 6-7	Psalm 145: 1-21
Psalm 32: 1-7, 10-11	Psalm 146: 2-10
Psalm 54	Isaiah 12:1b-6
Psalm 66	Isaiah 61:10-11
Psalm 95	Jeremiah 31:10-14
Psalm 98: 1-9	Daniel 3:52-57
Psalm 100: 1-5	Ephesians 1:3-10
Psalm 103: 1-4, 8-18	Revelation 15:3-4

[CONCLUDING PRAYER OF THANKSGIVING]

Presider: Lord God,

creator and ruler of your kingdom of light, in your great love for this world you gave up your only Son for our salvation. His cross has redeemed us, his death has given us life, his resurrection has raised us to glory. Through him we ask you to be always present among your family. Teach us to be reverent in the presence of your glory; fill our hearts with faith our days with good works, our lives with your love. May your truth be on our lips and your wisdom in all our actions, that we may receive the reward of everlasting life. Through Christ our Lord.

All: Amen.

Continue →

CONCLUDING RITE

BLESSING

Presider:	May the Father bless us, for we are his children, born to eternal life
All:	Amen.
Presider:	May the Son show us his saving power, for he died and rose for us.
All:	Amen.
Presider:	May the Spirit give us his gift of holiness and lead us by the right path, for he dwells in our hearts.
All:	Amen.
Presider:	May almighty God bless you, the Father, and the Son, 承 and the Holy Spirit.
All:	Amen.

DISMISSAL

- *Presider:* The Lord has freed you from your sins. Go in peace.
- All: Thanks be to God.

CONCLUDING HYMN

See suggestions on Page 20

READINGS

FIRST READING

Isaiah 58: 6-11 (LFM nos. 630, 676 & 737)

A reading from the Book of the Prophet Isaiah

Thus say the LORD: This is the fasting that I wish: releasing those bound unjustly, untying the thongs of the yoke; Setting free the oppressed, breaking every yoke; Sharing your bread with the hungry, sheltering the oppressed and the homeless; Clothing the naked when you see them, and not turning your back on your own. Then your light shall break forth like the dawn, and your wound shall quickly be healed. Your vindication shall go before you, and the glory of the LORD shall be your rear guard. Then you shall call, and the LORD will answer, you shall cry for help, and he will say: Here I am! If you remove from your midst oppression, false accusation and malicious speech; If you bestow your bread on the hungry and satisfy the afflicted; Then light shall rise for you in the darkness and the gloom shall become for you like midday; Then the LORD will guide you always and give you plenty even on the parched land. He will renew your strength, and you shall be like a watered garden, like a spring whose water never fails.

The word of the Lord.

RESPONSORIAL PSALM

Psalm 32 or see Page 18 →

SECOND READING

1 Timothy 6:6-11, 17-19

A reading from the first Letter of Saint Paul to Timothy

Beloved: Indeed, religion with contentment is a great gain. For we brought nothing into the world, just as we shall not been able to take anything out of it. If we have food and clothing, we shall be content with that. Those who want to be rich are falling into temptation and into a trap and into many foolish and harmful desires, which plunge them into ruin and destruction. For the love of money is the root of all evils, and some people in their desire for it have strayed from the faith and have pierced themselves with many pains. But you, man of God, avoid all this. Instead pursue righteousness, devotion, faith, love, patience, and gentleness. Tell the rich in the present age not to be proud and not to rely on so uncertain a thing as wealth but rather on God, who richly provides us with all good things for our enjoyment. Tell them to do good, to be rich in good works, to be generous, ready to share, thus accumulating as treasure a good foundation for the future, so as to win the life that is true life.

The word of the Lord.

VERSE BEFORE THE GOSPEL

Be vigilant at all times and pray, that you might have strength to stand before the Son of Man. Luke 21:36

GOSPEL

Luke 16:19-31 (LFM nos. 138, 886 & 926)

▲ A reading from the holy Gospel according to Luke

Jesus said to the Pharisees:

"There was a rich man who dressed in purple garments and fine linen and dined sumptuously each day.

And lying at his door was a poor man named Lazarus, covered with sores, who would gladly have eaten his fill of the scraps that fell from the rich man's table.

Dogs even used to come and lick his sores.

When the poor man died,

he was carried away by angels to the bosom of Abraham.

The rich man also died and was buried,

and from the netherworld, where he was in torment,

he raised his eyes and saw Abraham far off

and Lazarus at his side.

And he cried out, 'Father Abraham, have pity on me.

Send Lazarus to dip the tip of his finger in water and cool my tongue,

for I am suffering torment in these flames.'

Abraham replied,

'My child, remember that you received

what was good during your lifetime

while Lazarus likewise received what was bad;

but now he is comforted here, whereas you are tormented.

Moreover, between us and you a great chasm is established

to prevent anyone from crossing who might wish to go

from our side to yours or from your side to ours.'

He said, 'Then I beg you, father,

send him to my father's house, for I have five brothers,

so that he may warn them,

lest they too come to this place of torment.'

But Abraham replied, 'They have Moses and the prophets.

Let them listen to them.'

He said, 'Oh no, father Abraham,

but if someone from the dead goes to them, they will repent.'

Then Abraham said, 'If they will not listen to Moses and the prophets, neither will they be persuaded if someone should rise from the dead.""

The Gospel of the Lord.

LENT PENANCE SERVICE: ALTERNATIVE READINGS

OLD TESTAMENT

Deut. 4:1, 5-9 Keep the commandments and your work will be complete The Lord will save us Isaiah 25:6-10a God consoles his people Isaiah 40:1-11 Isaiah 53:1-7, 10-12 It was our infirmities he bore The Lord calls you back Isaiah 54:1-10 Listen to my voice...I will be your God and you will be my people Jeremiah 7:21-26 I will give you a new heart and place a new spirit within you Ezekiel 36:23-28 Take with you words and return to the Lord Hosea 14:2-10 The Lord has removed judgment against you Zephaniah 3:14-18a

RESPONSORIAL PSLAM

Psalm 19

Psalm 27

Psalm 30

Psalm 51

Psalm 85

Psalm 95

Psalm 103

Psalm 119

Lord, you have the words of everlasting life The Lord is my light and my salvation I will praise you, Lord, for you have rescued me Have mercy on me, God, in your kindness Lord, let us see your kindness and grant us your salvation If today you hear his voice, harden not your hearts The Lord is kind and merciful Blessed are they who follow the love of the Lord

NEW TESTAMENT

Romans 6:2-14 2 Corinthians 5:17-21 Ephesians 1:3-10 Ephesians 2:1-10 Ephesians 4:22-32 Philippians 1:4-11 Philippians 4:4-9 1 Thessalonians 3:12-4:2 James 1:22-27 1 John 1:5-2:2

GOSPEL

Matthew 4:1-11 Matthew 7:21, 24-27 Matthew 9:9-13 Matthew 18:12-14 Mark 12:28-34 Luke 7:36-50 Luke 18: 9-14 Luke 23:33-43 John 5:17-30 John 12:23-33 John 15:9-14 John 20:19-23 Think of yourself as being dead to sin and living for God in Christ Jesus God reconciled the world to himself through Christ In him, we have the forgiveness of our transgressions But God who is rich in mercy...brought us to life with Christ Forgiving one another as God has forgiven you in Christ Show yourself pure and blameless for the day of Christ Have no anxiety at all May the Lord strengthen your hearts for the coming of the Lord Jesus Be doers of the word and not merely listeners Jesus is expiation for our sins

Man does not live on bread alone, but on every word that comes from God Listen to these words of mine...a house built on rock I did not come to call the righteous, but sinners The shepherd seeks one lost sheep The greatest of all commandments The one to whom little is forgiven, loves little God be merciful to me, a sinner (The Good Thief) Today you will be with me in paradise Whoever hears my word and believes, has eternal life The voice did not come for my sake, but for yours You will live in my love, if you keep my commandments Receive the Holy Spirit. Whose sins you forgive are forgiven them

SAMPLE LENT PENANCES

Choose one of the following penances as a way of accepting God's mercy.

✤ SUGGESTED PENANCE FOR ADULTS ✤

- Pray either Psalm 32, 51, 95, 103, or 130 and reflect on its meaning in your life.
- Make a call to someone who is ill or alone. Plan a visit and bring a meal.
- During the coming week, spend an hour in prayer for those who are the victims of war or a crime.
- Make a commitment to bring food to the parish food pantry.
- Think of one thing that you are eating or drinking that is bad for your health. Eliminate it for one month and donate that money to a soup kitchen.
- Identify a person whom you have offended by your unkind words and pray for them each day for a week.
- Reflect on one of the following Lenten readings from Year A:

Romans 5:12-19	John 4:5-42
2 Timothy 1:8b-10	Ephesians 5:8-14
Matthew 17:1-9	Romans 8:8-11
Romans 5:1-2, 5-8	Matthew 6:1-6, 16-18

✤ SUGGESTED PENANCES FOR YOUTH ✤

- Eliminate TV or gaming for one night. Read from the Bible or your religion text.
- Reach out to a lonely person in class and encourage one other person to do the same. Spend lunchtime with that person.
- Donate your next babysitting wages to the poor.
- For one whole week, do the dishes or set the table without being asked.
- Donate the money you would have spent on food, music or gaming to a local shelter.
- Make an Easter basket for a classmate with whom you do not get along.

MUSIC SUGGESTIONS – LENT 2020

HYMNODY

Amazing Grace Deep Within Eternal Lord of Love Faith and Truth and Life Bestowing Forgive Our Sins as We Forgive God, Whose Almighty Word God's Holy Mountain We Ascend Grant to Us, O Lord Healer of Our Every Ill I Heard the Voice of Jesus Say Lead Us to Your Light Let Justice Roll Like a River Let Us Sing to the Lord / Cantemos al Señor Lord, Your Almighty Word Mercy, O God My Soul in Stillness Waits No Greater Love Our Father. We Have Wandered Out of Darkness Perdón Señor Perdóname. Jesús Remember Your Mercy, Lord Return to God The Cross of Jesus The Glory of These Forty Days The Reign of God The Trumpet in the Morning The Word is in Your Heart There is a Longing There's a Wideness in God's Mercy To You, O Lord, I Lift Up My Soul Tree of Life Turn My Heart, O God Turn to the Living God We Cannot Measure How You Heal When Jesus Passed Through Jericho Where Charity and Love Prevail

LITANIES/CHANTS

Two Litanies for Advent/Lent Gather Us in Mercy, Lord Hold Us in Your Mercy/Penitential Litany Penitential Litany

Newton (various) David Haas (GIA) Michael Joncas (GIA) Hymns for the Gospel (GIA) Rosamond Herklots (GIA) Various Omer Westendorf (WLP) Lucien Deiss (WLP) Marty Haugen (GIA) Various Carol Browning (GIA) Marty Haugen (GIA) Alonso / Mahler (GIA, G-6129 [collection]) Various Francis Patrick O'Brien (GIA) Marty Haugen (GIA) Michael Joncas (GIA) Various Christopher Walker (OCP) Traditional Spanish (OCP) (OCP) Paul Inwood (GIA) Marty Haugen (GIA) Francis Patrick O'Brien (GIA) Traditional (GIA) Delores Duffer (GIA) Rory Cooney (GIA) Bob Moore (GIA) Anne Quigley (OCP) Faber (various) Bob Hurd (OCP) Aaron Thompson (WLP) Marty Haugen (GIA) Lori True (GIA) John Bell (GIA) Hymns for the Gospel (GIA) Omer Westendorf / Paul Benoit (various)

Richard Proulx (WLP Tony Alonso (GIA) Rory Cooney / Gary Daigle (GIA) Prendergast/Sullivan